



Should you call the Quitline?

- **Ready to quit?**
We will help you make a quit plan.
- **Not quite ready to quit?**
We can help you get started.
- **Tried, but couldn't quit?**
We'll help you learn from your experience and make a new quit plan.
- **Have you already quit?**
We can help you stay tobacco-free.

Why call the

Quitline?



nc department
of health and
human services



1-800-784-8669

- Trained tobacco quit coaches, English and Spanish.
- Convenient hours, 8am - 3am 7 days a week.
- Toll-free number 1-800-QUIT-NOW or 1-800-784-8669
- For all North Carolinian adults and youth.
- Coaches can call you back upon request.
- Free and confidential.
- Quitting can save more than \$1,500 each year if you smoke a pack a day.
- Every cigarette smoked cuts more than 5 minutes off your life.
- Talking with a quit coach can double the chance of quitting for good.
- Is it your time to quit?

1-800-QUIT-NOW

1-800-784-8669



Medicaid client?

Medicaid covers all quitting medicine with a prescription and a co-pay